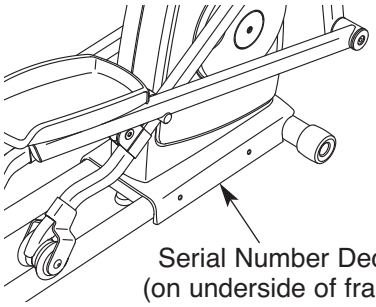
PRO-FORM®
STRIDECLIMBER 490

www.proform.com

Model No. PFEL04909.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal
(on underside of frame)

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

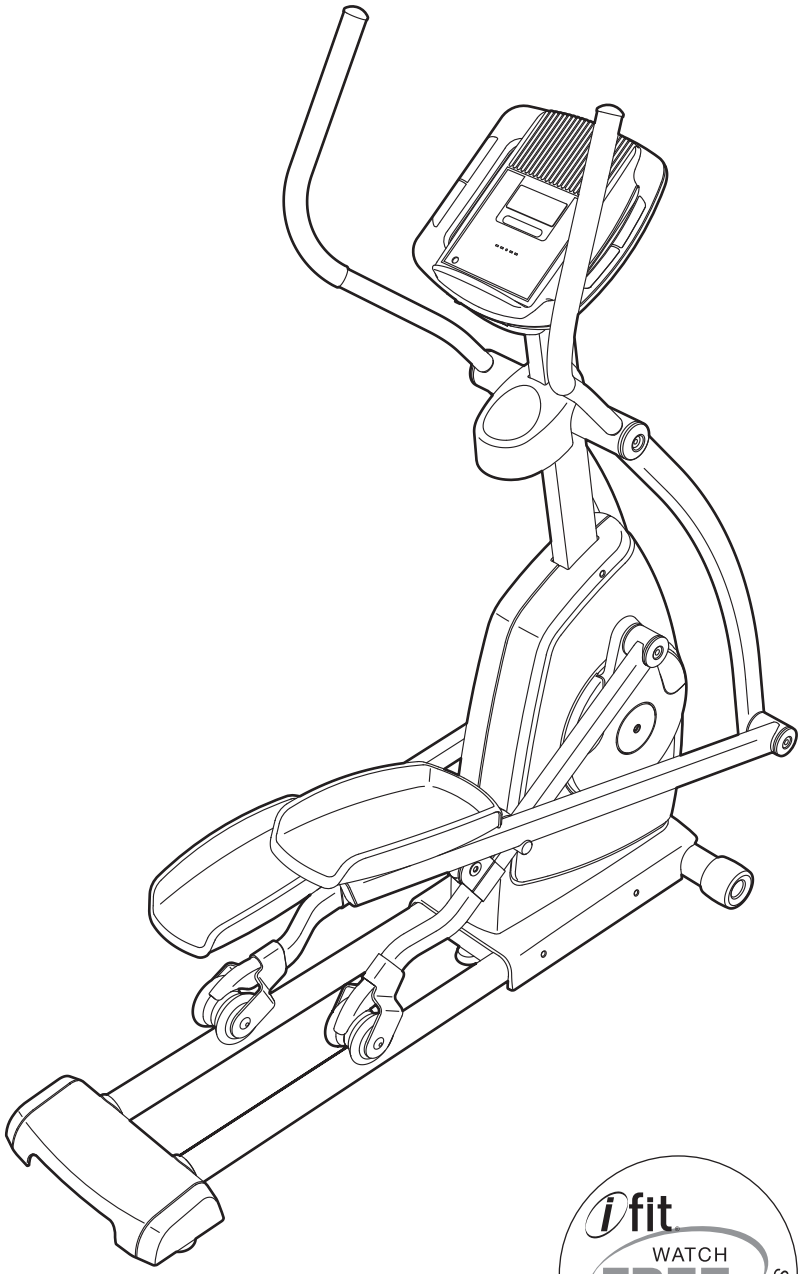
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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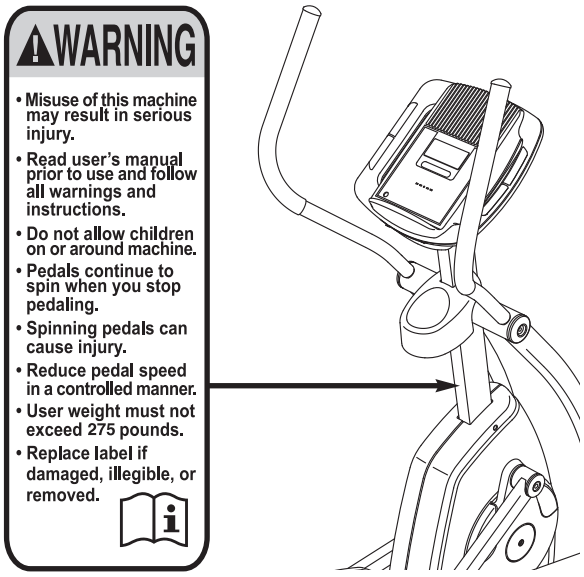
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 275 pounds.
• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

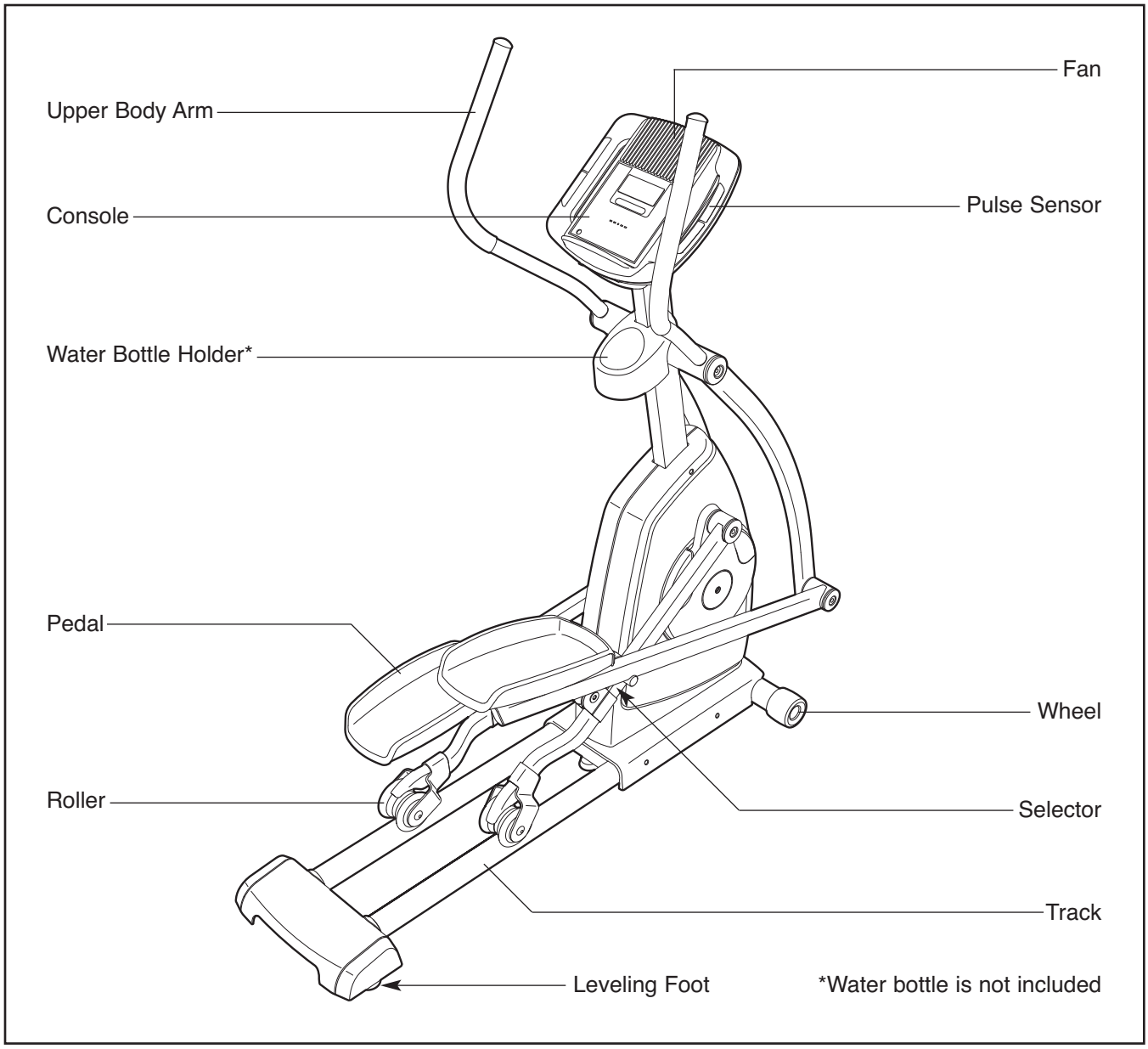
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.**
3. **The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.**
4. **Keep your elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical exerciser and 2 ft. (0.6 m) on each side.**
5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under age 12 and pets away from the elliptical exerciser at all times.**
7. **The elliptical exerciser should not be used by persons weighing more than 275 lbs. (125 kg).**
8. **Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the elliptical exerciser. Always wear athletic shoes for foot protection.**
9. **Hold the upper body arms when mounting, dismounting, or using the elliptical exerciser.**
10. **Keep your back straight while using the elliptical exerciser; do not arch your back.**
11. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
12. **When you stop exercising, allow the pedals to slowly come to a stop.**
13. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**
14. **Use the elliptical exerciser only as described in this manual.**

BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® STRIDE CLIMBER 490 elliptical exerciser. The STRIDE CLIMBER 490 elliptical exerciser provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

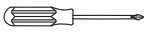
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



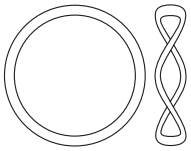
ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

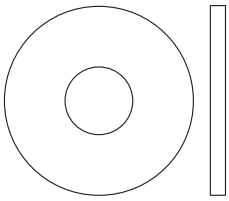
Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  **, an adjustable wrench** **, and a rubber mallet** **.**

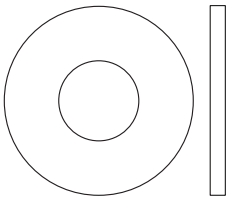
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



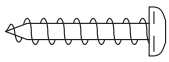
19mm Wave Washer (71)–4



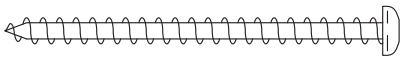
M8 x 25mm Washer (54)–4



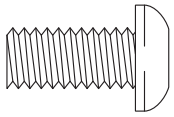
M10 x 25mm Washer (52)–4



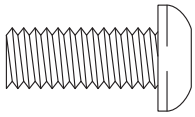
M4 x 19mm Screw (75)–4



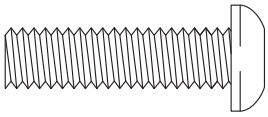
M4 x 50mm Screw (76)–4



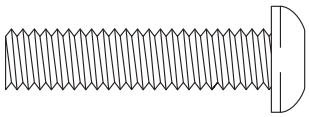
M8 x 16mm Button Screw (53)–4



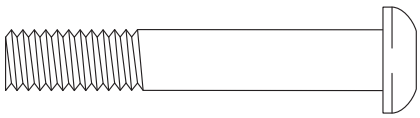
M8 x 20mm Button Screw (77)–2



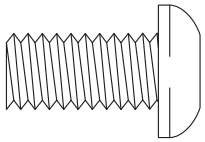
M8 x 30mm Button Screw (67)–4



M8 x 35mm Button Screw (80)–2



M8 x 50mm Button Screw (65)–2

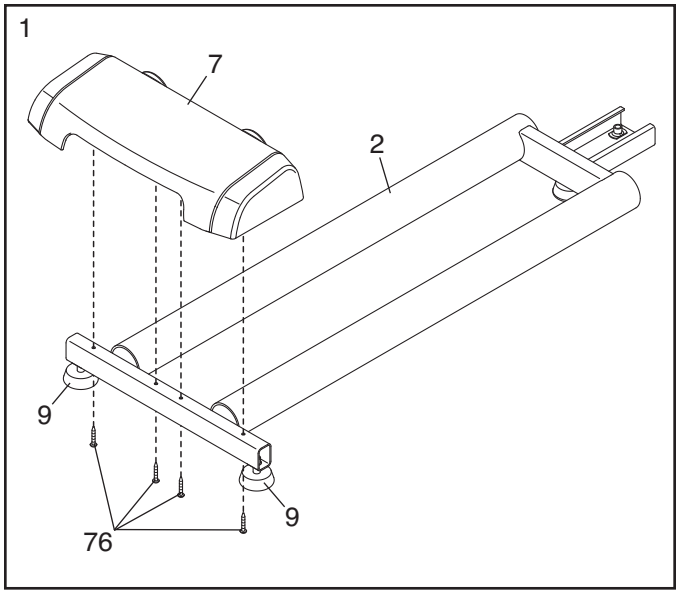


M10 x 20mm Button Screw (58)–4

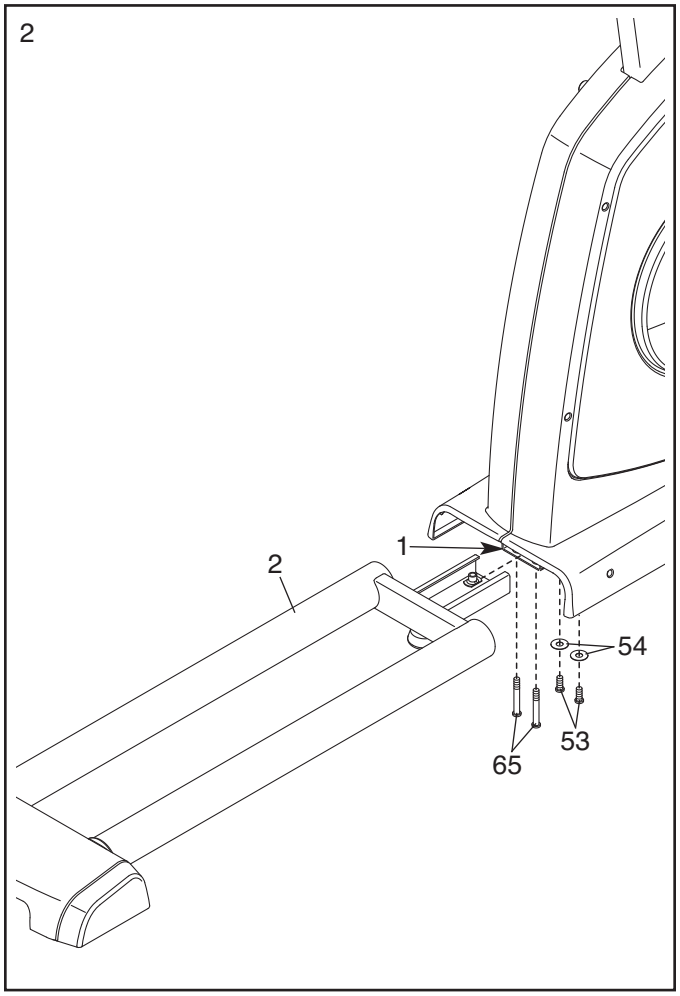
1. **To make assembly easier, read the information on page 5 before you begin.**

Tip: It may be easier to do this step if you loosen the two Leveling Feet (9) at the rear of the Track (2).

Orient the Track Cover (7) and the Track (2) as shown. Attach the Track Cover to the Track with four M4 x 50mm Screws (76).

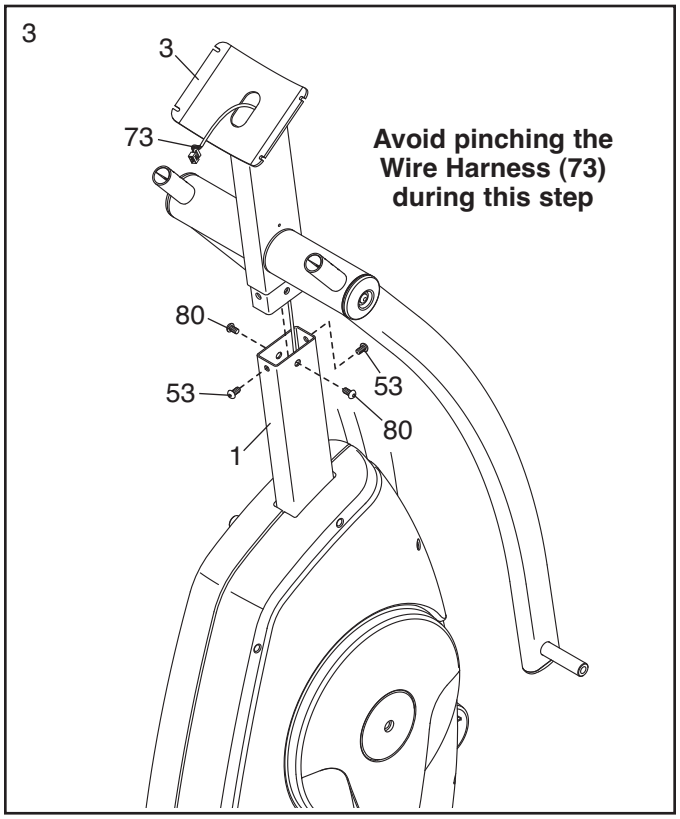


2. Insert the Track (2) into the Frame (1). Attach the Track with two M8 x 50mm Button Screws (65), two M8 x 16mm Button Screws (53), and two M8 x 25mm Washers (54). **Do not tighten the Button Screws yet.**



3. Have another person hold the Upright (3) in the position shown. Insert the Wire Harness (73) upward through the Upright. **Tip: Use an elastic band or tape to prevent the Wire Harness from falling into the Upright.**

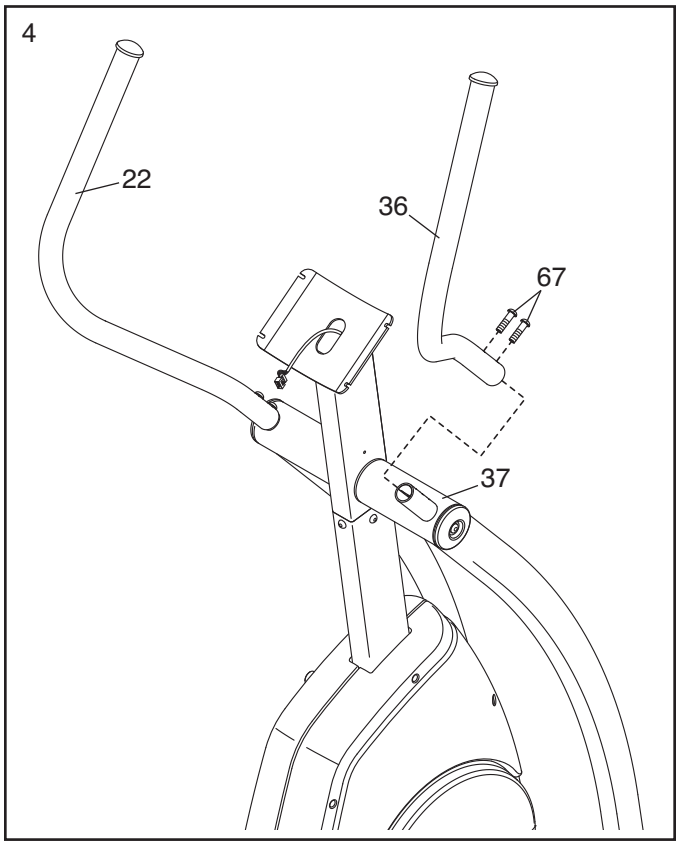
   Tip: Avoid pinching the Wire Harness (73) during this step. Insert the Upright (3) into the Frame (1). Attach the Upright with two M8 x 16mm Button Screws (53) and two M8 x 35mm Button Screws (80). **Do not tighten the Button Screws yet.**



4. Identify the Right Upper Body Arm (36), which is marked with an “R” sticker.

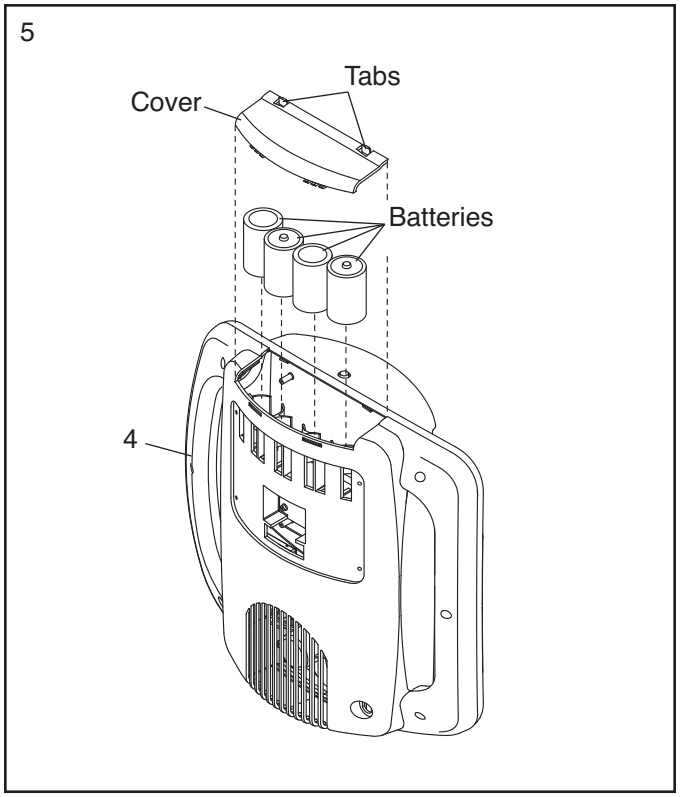
   Slide the Right Upper Body Arm (36) onto the Right Upper Body Leg (37). Attach the Right Upper Body Arm with two M8 x 30mm Button Screws (67).

   Attach the Left Upper Body Arm (22) in the same way.



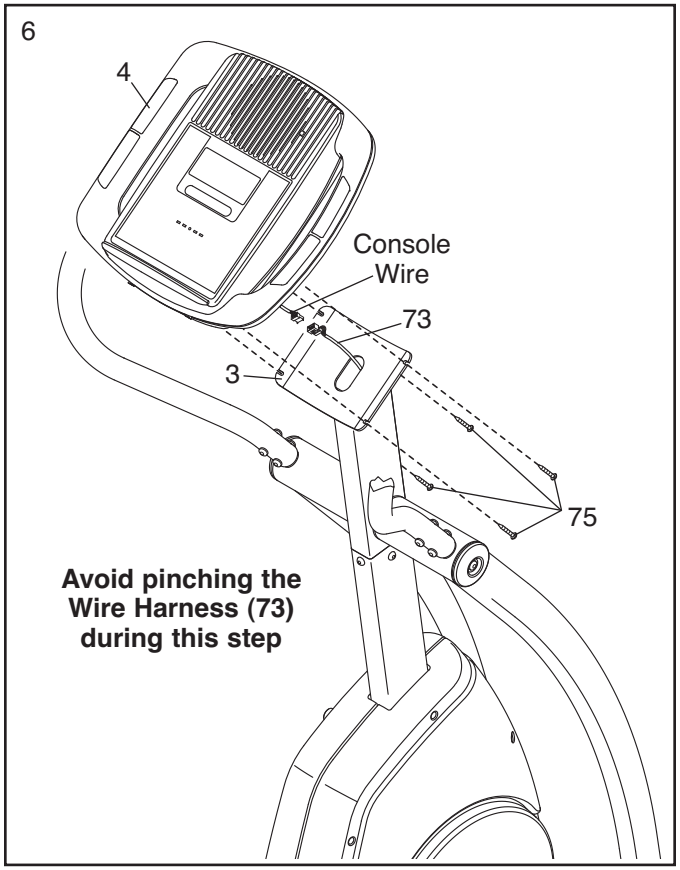
5. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. If you do not do this, you may damage the console displays or other electronic components.** Press the two tabs on the battery cover and remove it. Next, orient four batteries as shown by the markings inside the battery compartment, and insert the batteries into the Console. Then, reattach the battery cover.

   To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



6. While another person holds the Console (4) near the Upright (3), connect the console wire to the Wire Harness (73). Insert the excess wire downward into the Upright.

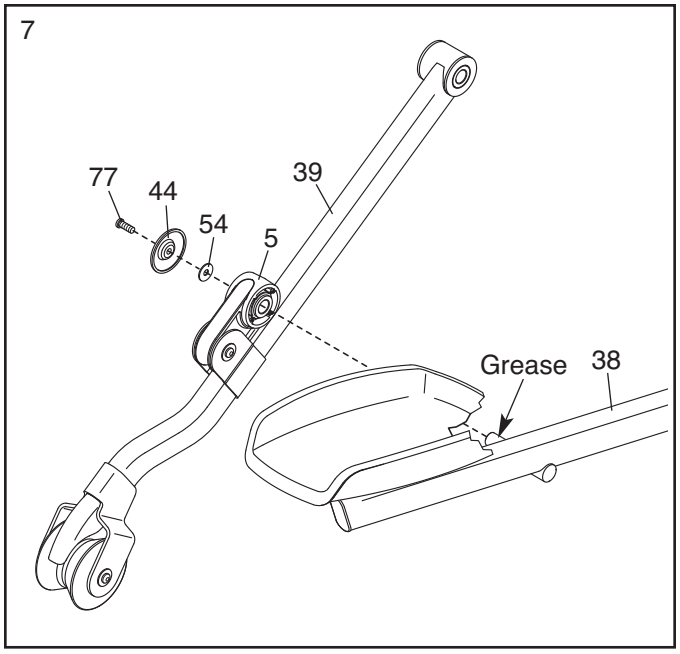
   Tip: Avoid pinching the wires during this step. Attach the Console (4) to the Upright (3) with four M4 x 19mm Screws (75).



7. Identify the Right Pedal Leg (38) and the Right Link Arm (39), which are marked with “R” stickers. Orient both parts as shown.

   Apply a generous amount of grease to the axle on the Right Pedal Leg (38). Slide the Selector (5) on the Right Link Arm (39) onto the axle. Attach the Selector with an M8 x 20mm Button Screw (77), a Large Axle Cover (44), and an M8 x 25mm Washer (54).

   Repeat this step with the Left Link Arm (not shown) and the Left Pedal Leg (not shown).



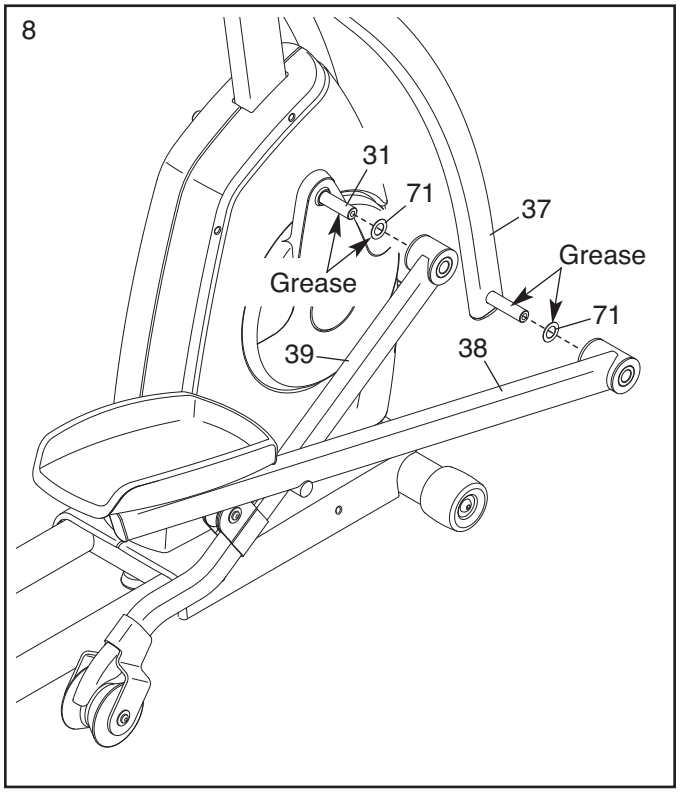
8. Apply a generous amount of grease to the axle on the Right Upper Body Leg (37) and to the right Crank Arm (31).

   Next, apply a small amount of grease to two 19mm Wave Washers (71).

   Slide one 19mm Wave Washer (71) onto the Right Upper Body Leg (37), and slide the other 19mm Wave Washer (71) onto the right Crank Arm (31).

   At the same time and with the help of another person, slide the Right Pedal Leg (38) onto the Right Upper Body Leg (37) and slide the Right Link Arm (39) onto the right Crank Arm (31).

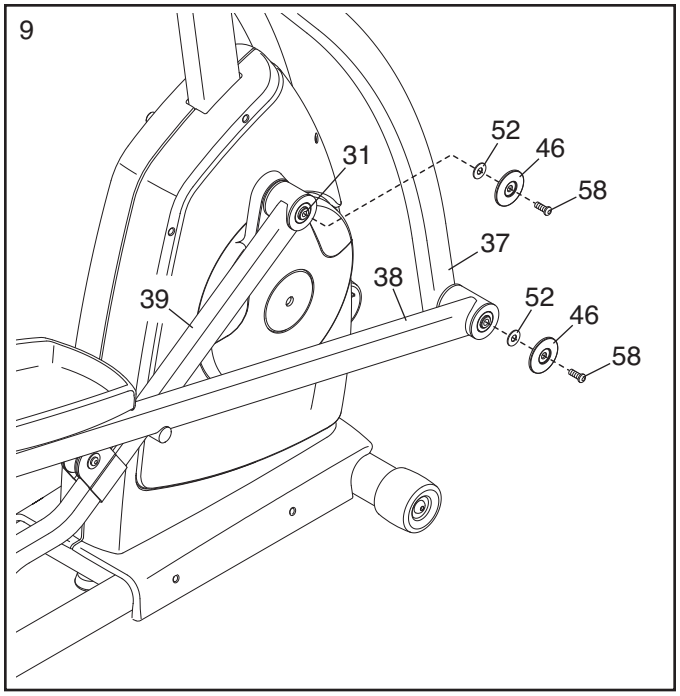
   Repeat this step for the other side of the elliptical exerciser.



9. Attach the Right Pedal Leg (38) to the Right Upper Body Leg (37) with an M10 x 20mm Button Screw (58), a Small Axle Cover (46), and an M10 x 25mm Washer (52).

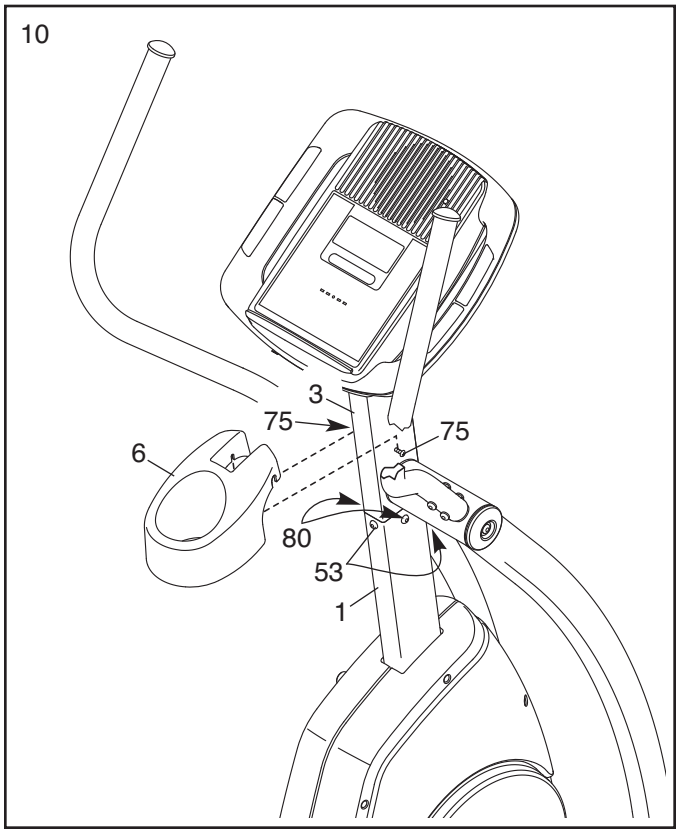
   Attach the Right Link Arm (39) to the right Crank Arm (31) with an M10 x 20mm Button Screw (58), a Small Axle Cover (46), and an M10 x 25mm Washer (52).

   Repeat this step for the other side of the elliptical exerciser.



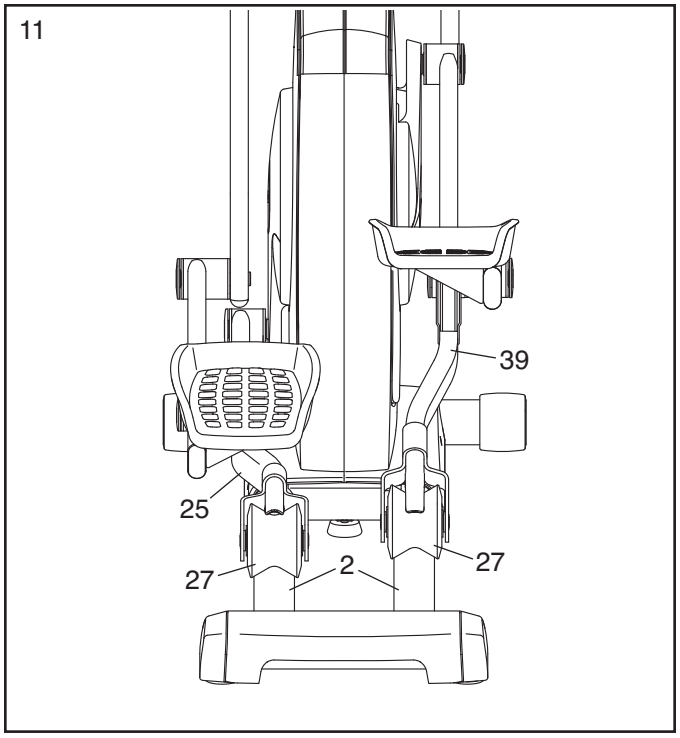
10. Tighten the two M8 x 16mm Button Screws (53) and the two M8 x 35mm Button Screws (80) in the Frame (1).

    Locate the two M4 x 19mm Screws (75) in the sides of the Upright (3). Slide the Water Bottle Holder (6) against the Upright and downward onto the two Screws. Then, tighten the Screws.



11. Lift the Left and Right Link Arms (25, 39) and set the Rollers (27) on the Track (2). **Make sure that the Rollers are centered on the Track.** If necessary, move the Track to the right or to the left until the Rollers are centered on the Track.

    See step 2. With the help of another person, tighten the M8 x 50mm Button Screws (65) and the M8 x 16mm Button Screws (53).

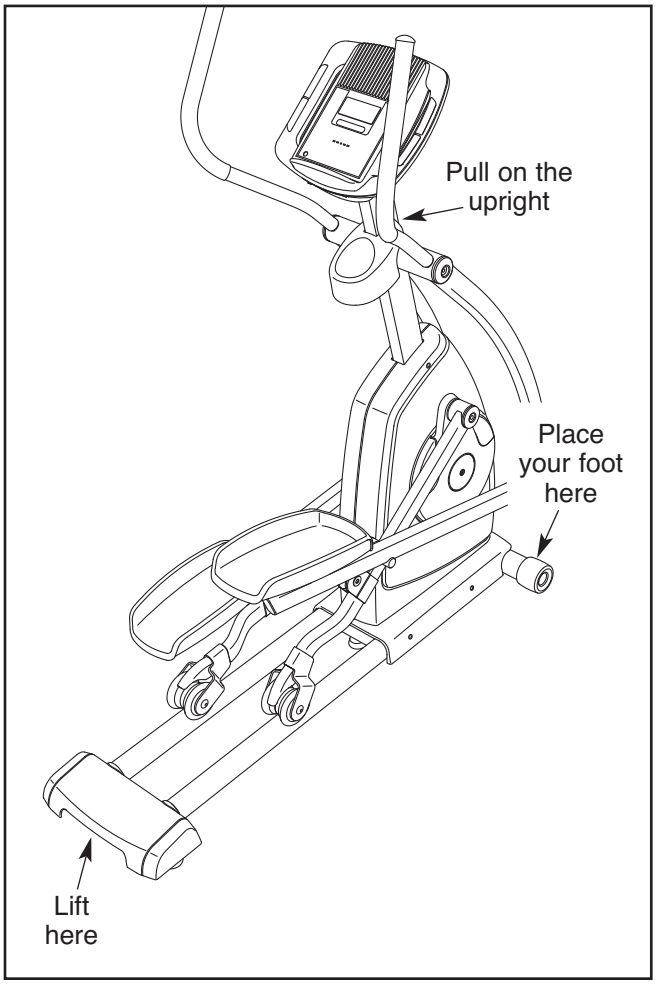


12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the track until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.

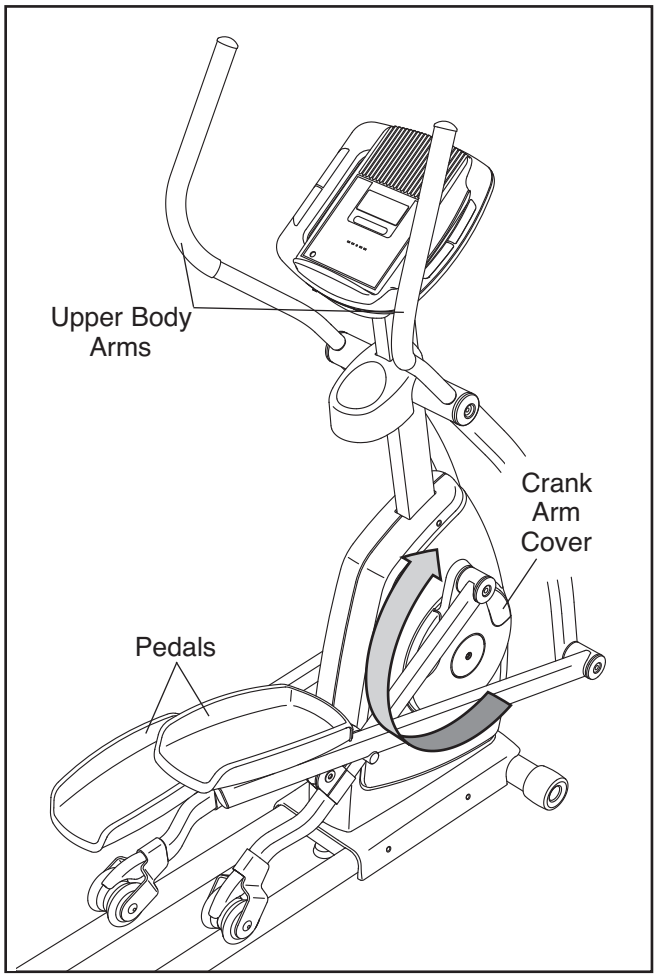


HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or all of the leveling feet beneath the track until the rocking motion is eliminated.

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal.

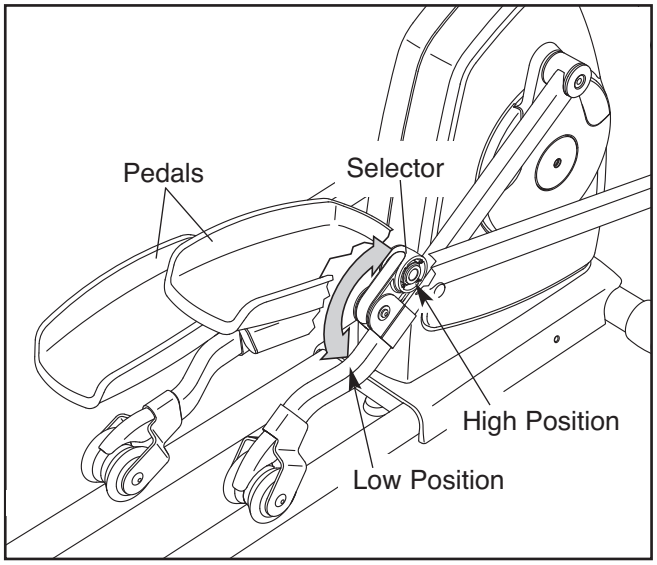


Push the pedals until they begin to move with a continuous motion. **Note: The crank arm covers can turn in either direction. It is recommended that you turn the crank arm covers in the direction shown by the arrow; however, for variety, you can turn the crank arm covers in the opposite direction.**

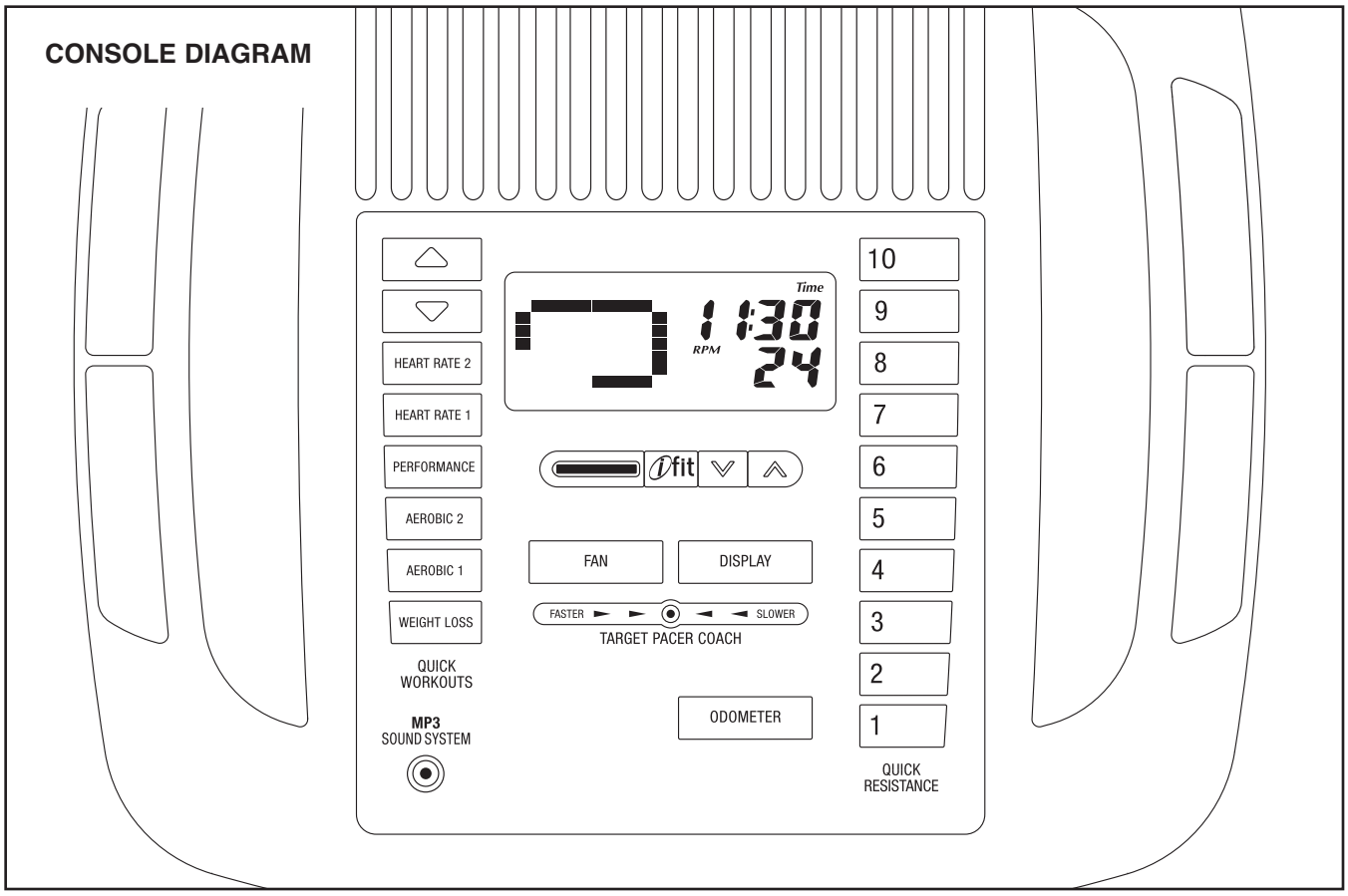
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO ADJUST THE SELECTORS

The pedals on the elliptical exerciser move your feet in a natural elliptical path. You can adjust the elliptical exerciser so that the pedals move in a more vertical path or a more horizontal path.



To adjust the elliptical exerciser so that the pedals move in a more vertical path, pivot the two selectors to the high position; to adjust the elliptical exerciser so that the pedals move in a more horizontal path, pivot the selectors to the low position. **IMPORTANT: Make sure to adjust both selectors to the same position.**



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers four preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, the console features two heart rate workouts that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

The console features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 15. **To use a preset workout,** see page 17. **To use a heart rate workout,** see page 18. **To use an iFit workout,** see page 19. **To use the sound system,** see page 19.

HOW TO USE THE MANUAL MODE

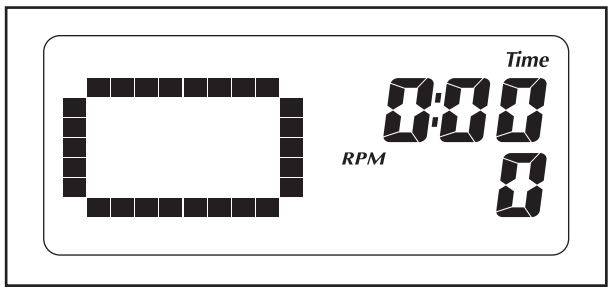
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Press any button on the console or begin pedaling to turn on the console.**

   When you turn on the console, the display and the target pacer coach will turn on. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Workouts buttons repeatedly until a track appears in the left display.



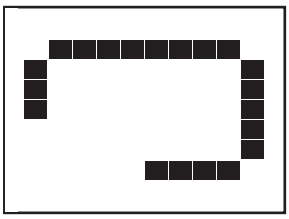
3. **Begin pedaling and change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Quick Resistance buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the displays.**

   The upper right display can show the elapsed time, the distance (total revolutions) you have pedaled, the approximate number of calories you have burned, and the approximate number of grams of carbs you have burned. The display will change modes every few seconds.

The lower right display can show your pedaling pace in revolutions per minute (rpm) and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).



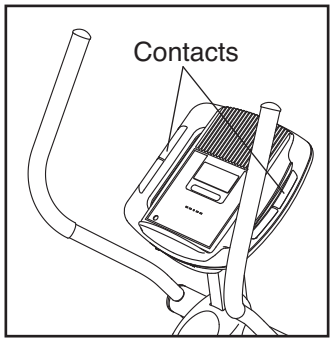
The left display will show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

To change the display mode, press the Display button repeatedly until the desired exercise information appears in the upper or lower right display. After several seconds, the display will change modes automatically as before.

To view the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds. To view the total distance pedaled since the elliptical exerciser was purchased, press the Odometer button a second time. (Note: The number on the right side of the display multiplied by the number on the left side equals the trip distance or the total distance.)

To adjust the volume level of the console, first press and hold down the Display button until the display becomes blank. When you release the Display button, the volume level will then appear in the display. Press the increase and decrease buttons located above the Heart Rate buttons to select a volume level. Then, press the Display button.

5. **Measure your heart rate if desired.**



If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

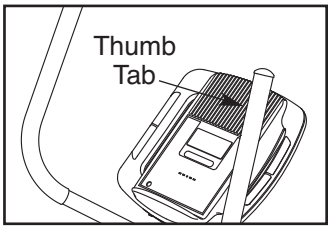
When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has high, low, and auto speed settings; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Pivot the thumb tab on the right side of the fan to adjust the fan angle.



7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a series of tones will sound and the console will pause.

If the pedals do not move for about five minutes, the console will turn off and the displays will be reset.

HOW TO USE A PRESET WORKOUT

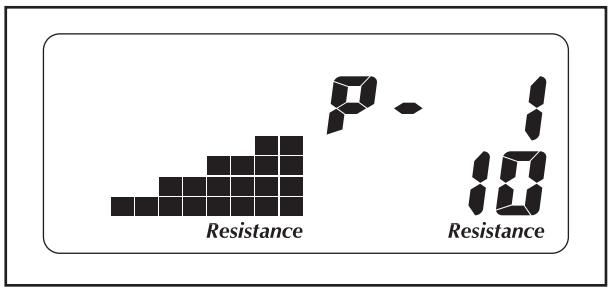
1. **Press any button on the console or begin pedaling to turn on the console.**

   See step 1 on page 15.

2. **Select a preset workout.**

   To select one of the four preset workouts, press the Weight Loss, the Aerobic 1, the Aerobic 2, or the Performance button on the left side of the console.

   When you select a preset workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will also scroll across the left side of the display.

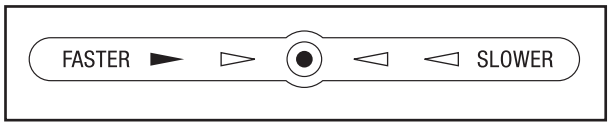


3. **Begin pedaling to start the workout.**

   Each workout is divided into 30 one-minute segments. One resistance level and one target pace setting is programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   During the workout, the target pacer coach will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



   If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Quick Resistance buttons. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level for the next segment.

   If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

4. **Follow your progress with the displays.**

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **Turn on the fan if desired.**

   See step 6 on page 16.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 16.

HOW TO USE A HEART RATE WORKOUT

1. **Press any button on the console or begin pedaling to turn on the console.**

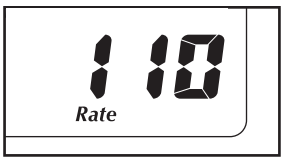
   See step 1 on page 15.

2. **Select a heart rate workout.**

   To select one of the heart rate workouts, press the Heart Rate 1 or the Heart Rate 2 button on the left side of the console.

3. **Enter a target heart rate setting.**

   A few seconds after you select a heart rate workout, the target heart rate setting for the workout will flash in the lower right display.



   During heart rate workout 1, the same target heart rate setting will be programmed for all segments of the workout. If you have selected heart rate workout 1, press the increase and decrease buttons above the Heart Rate buttons to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 22).

   During heart rate workout 2, different target heart rate settings will be programmed for different segments of the workout. If you have selected heart rate workout 2, press the increase and decrease buttons above the Heart Rate buttons to enter the desired maximum target heart rate setting for the workout (see EXERCISE INTENSITY on page 22).

4. **Hold the handgrip pulse sensor.**

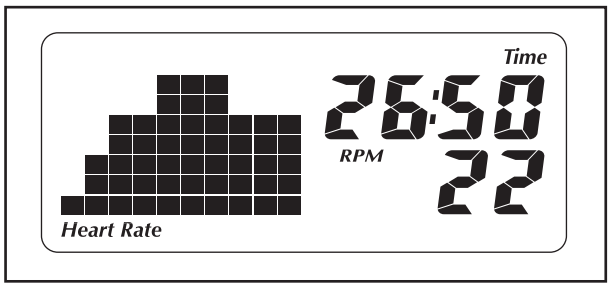
   It is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the workout.**

   Heart rate workout 1 is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

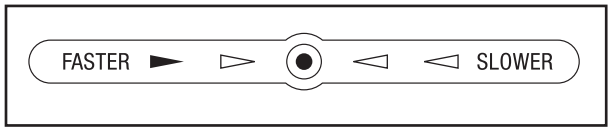
   Heart rate workout 2 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

   During the workout, the workout profile in the display will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.



   During both workouts, the console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

While you exercise, the target pacer coach will prompt you to maintain a constant pedaling speed. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pacer coach is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Quick Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

6. **Follow your progress with the displays.**

   See step 4 on page 15.

7. **Turn on the fan if desired.**

   See step 6 on page 16.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 16.

HOW TO USE AN IFIT WORKOUT

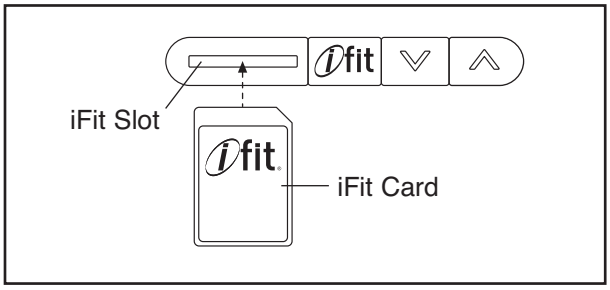
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. **Press any button on the console or begin pedaling to turn on the console.**

   See step 1 on page 15.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will turn on and the word IFIT will appear in the display.



   Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

   A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts work in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 17.

3. **When you are finished exercising, remove the iFit card.**

   Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug the audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume of the speaker using the volume control on your MP3 player or CD player. Note: You can also adjust the volume of the console as described in step 4 on page 15.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

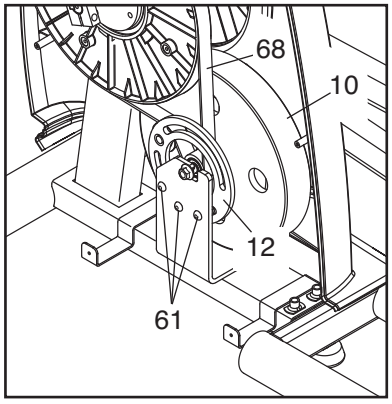
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, see assembly steps 8 and 9 on pages 9 and 10 and remove the Left Pedal Leg (24) and the Left Link Arm (25).

Then, see EXPLODED DRAWING A near the end of this manual and remove the M6 x 25mm Button Screw (61) from the center of the left Crank Arm Cover (32), and then carefully remove the left Crank Arm Cover. Note: You may have to remove a decal from the Crank Arm Cover before you can remove the Button Screw.

Next, remove all the screws from the left shield, and then carefully remove the left shield.



Loosen, but do not remove, the three M6 x 25mm Button Screws (61). Insert the shaft of a screwdriver downward between the Idler (12) and the pulley located on the Eddy Mechanism (10). Pull the top of the screwdriver toward the rear of the elliptical exerciser until the Belt (68) is tight, and then tighten the three screws.

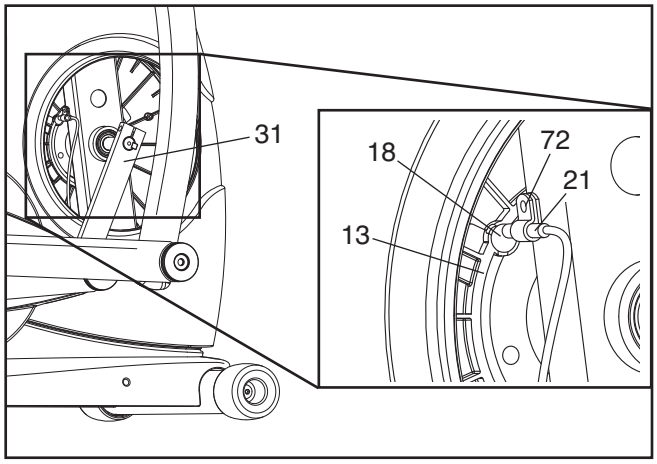
Reattach the left shield and the left crank arm cover. Then, see assembly steps 8 and 9 on pages 9 and 10 and reattach the left pedal leg and the left link arm.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first see EXPLODED DRAWING A near the end of this manual and loosen the M6 x 25mm Button Screw (61) in the center of the right Crank Arm Cover (32), and then carefully rotate the right Crank Arm Cover out of the way.

Locate the Reed Switch (21). Loosen, but do not remove, the indicated M4 x 16mm Screw (72). Slide the Reed Switch slightly closer to or away from a Magnet (18) on the Pulley (13).



Then, retighten the M4 x 16mm Screw (72). Turn one of the Crank Arms (31) for a moment. Repeat until the console displays correct feedback.

When the reed switch is correctly adjusted, replace the crank arm cover.

CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 8 for replacement instructions.

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 16.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or all of the leveling feet beneath the track until the rocking motion is eliminated.

HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual.

If the Rollers (27) squeak when moving on the Track (2), apply a small amount of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical exerciser until a thin film of grease is distributed along the Track; wipe off any excess grease.

EXERCISE GUIDELINES

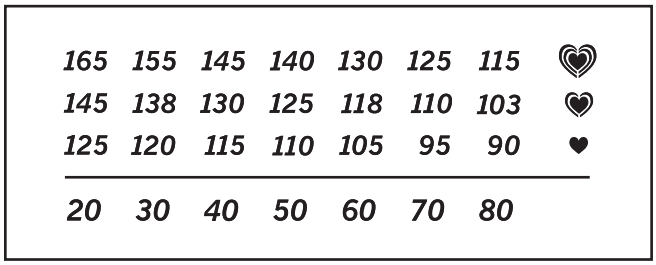
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

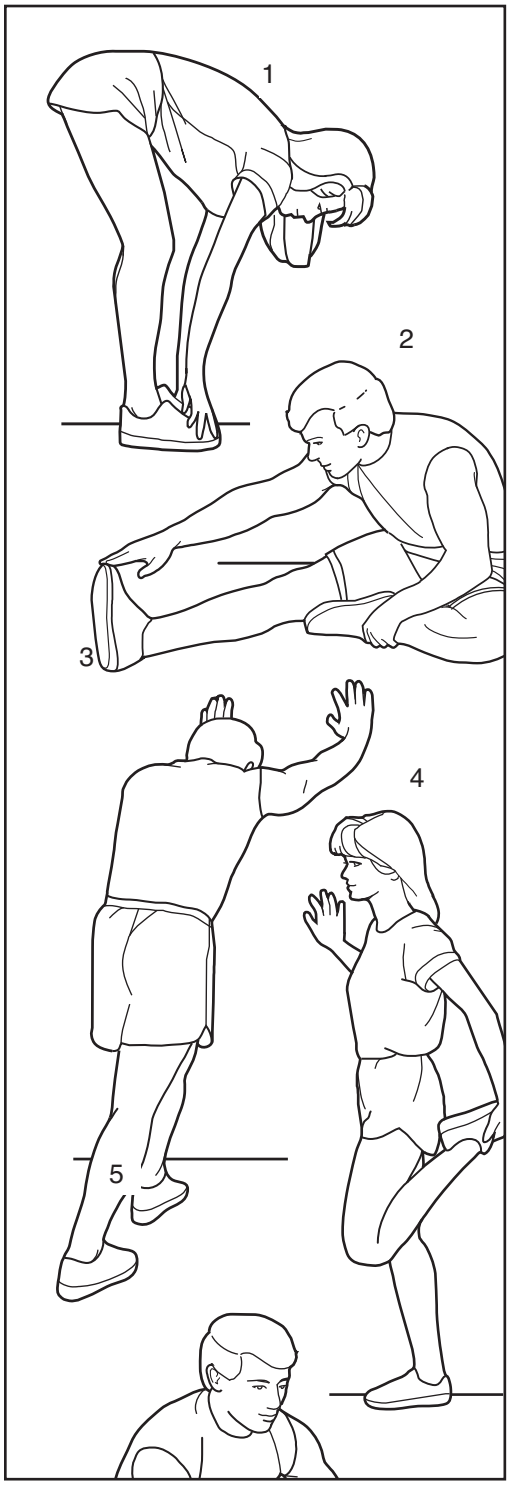
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. PFEL04909.0

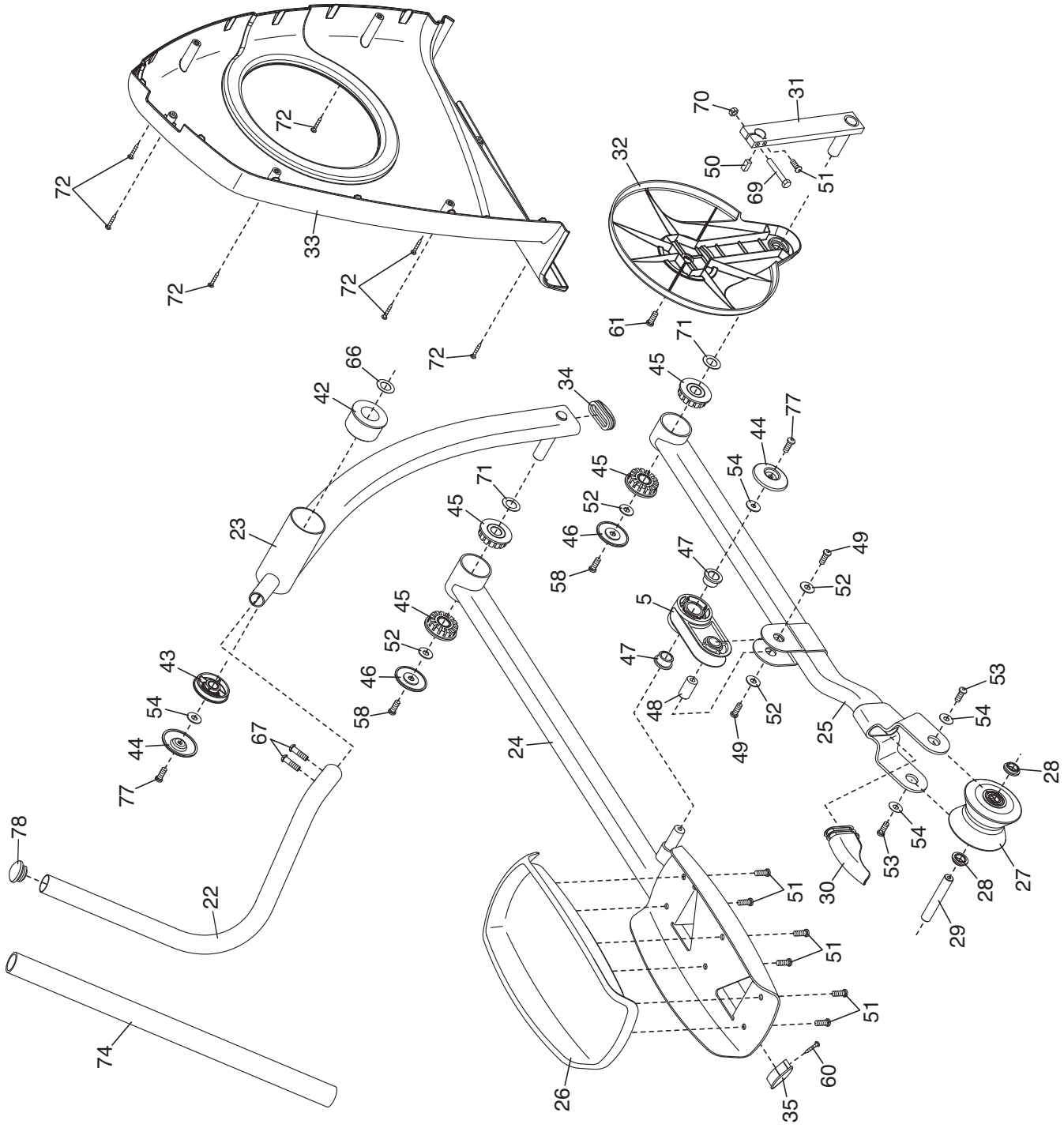
R1109A

Key No.	Qty.	Description
1	1	Frame
2	1	Track
3	1	Upright
4	1	Console
5	2	Selector
6	1	Water Bottle Holder
7	1	Track Cover
8	2	Wheel
9	3	Leveling Foot
10	1	Eddy Mechanism
11	1	Mechanism Axle
12	1	Idler
13	1	Pulley
14	1	Crank
15	2	Crank Bearing
16	1	Resistance Motor
17	1	Resistance Cable
18	2	Magnet
19	2	Upright Bushing
20	1	Clamp
21	1	Reed Switch/Wire
22	1	Left Upper Body Arm
23	1	Left Upper Body Leg
24	1	Left Pedal Leg
25	1	Left Link Arm
26	2	Pedal
27	2	Roller
28	4	Link Arm Bushing
29	2	Roller Axle
30	2	Roller Cover
31	2	Crank Arm
32	2	Crank Arm Cover
33	1	Left Shield
34	2	Upper Body Leg Cap
35	2	Pedal Leg Cap
36	1	Right Upper Body Arm
37	1	Right Upper Body Leg
38	1	Right Pedal Leg
39	1	Right Link Arm
40	1	Right Shield
41	1	Pivot Axle
42	2	Inner Pivot Bushing
43	2	Outer Pivot Bushing
44	4	Large Axle Cover
45	8	Crank Arm Bushing
46	4	Small Axle Cover
47	4	Selector Bushing
48	2	Selector Axle
49	4	M10 x 16mm Button Screw
50	2	Key
51	14	M6 x 12mm Button Screw
52	8	M10 x 25mm Washer
53	12	M8 x 16mm Button Screw
54	10	M8 x 25mm Washer
55	4	M8 Split Washer
56	2	Snap Ring
57	2	M10 x 35mm Shoulder Screw
58	4	M10 x 20mm Button Screw
59	4	M4 x 12mm Flange Screw
60	2	M4 x 12mm Screw
61	5	M6 x 25mm Button Screw
62	3	M6 Flange Nut
63	3	M6 Fender Washer
64	2	M10 Flange Nut
65	2	M8 x 50mm Button Screw
66	2	16mm Wave Washer
67	4	M8 x 30mm Button Screw
68	1	Belt
69	2	M8 x 50mm Hex Bolt
70	2	M8 Locknut
71	4	19mm Wave Washer
72	11	M4 x 16mm Screw
73	1	Wire Harness
74	2	Foam Grip
75	6	M4 x 19mm Screw
76	4	M4 x 50mm Screw
77	4	M8 x 20mm Button Screw
78	2	Upper Body Arm Cap
79	1	Audio Cable
80	2	M8 x 35mm Button Screw
*	–	Assembly Tool
*	–	Grease Packet
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

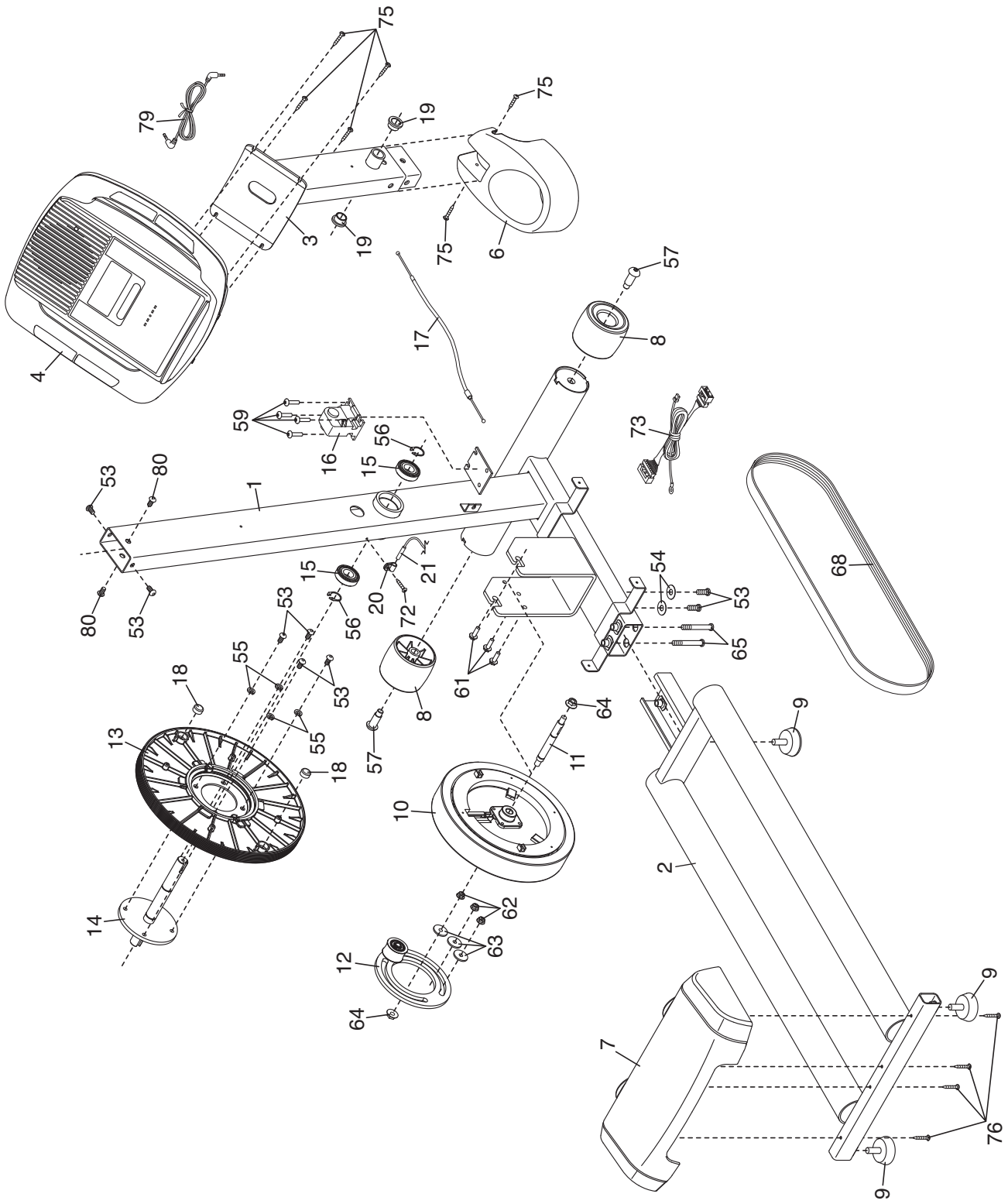
EXPLODED DRAWING A—Model No. PFEL04909.0

R1109A



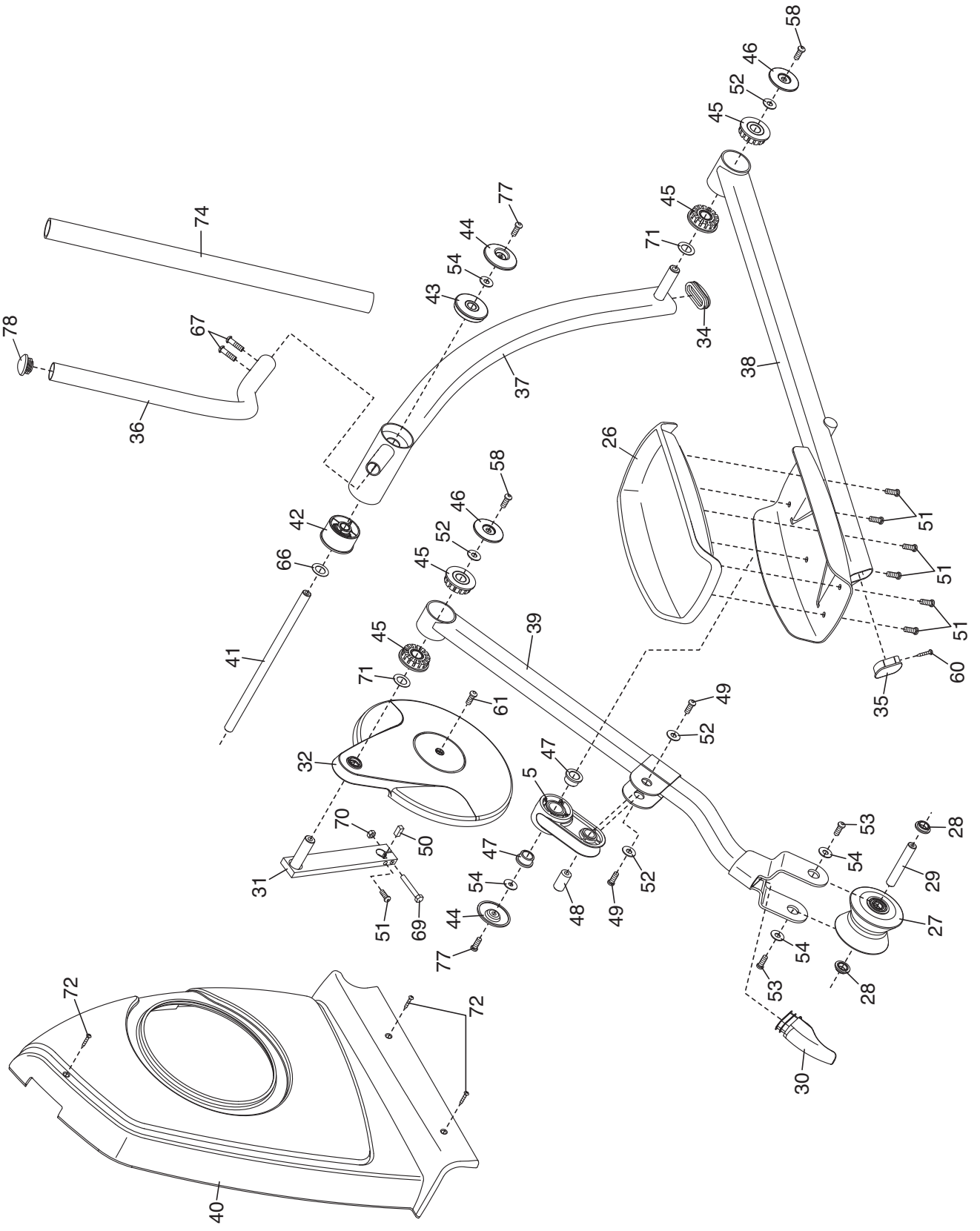
EXPLODED DRAWING B—Model No. PFEL04909.0

R1109A



EXPLODED DRAWING C—Model No. PFEL04909.0

R1109A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for seven (7) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 289170 R1109A

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